Volume 81, No. 19 May 13, 2005 Your Navy Starts Here

# VITA closes book on tax year with big savings for customers

By PAUL ENGSTROM **Bulletin Associate Editor** 

The Navy Region Midwest Volunteer Income Tax Assistance program (VITA) wrapped up the 2004 tax season completing 4,225 customer tax returns with refunds totaling \$5,582,847 while saving over \$678,000 in tax preparation fees.

"I want to thank Sharon Mahaffey, director, Fleet and Family Support Center, Great Lakes; Cmdr Peter Straub, officer in charge, Naval Legal Service Office Great Lakes; and Julie Boesel, who supervised the program and ensures that all IRS requirements are met; and all the volunteers who made the program such a great success," said Capt. Kathryn Hobbs, commanding officer, Naval Station Great Lakes. "Their combined efforts significantly enhanced the quality of life for many Sailors and their families during this year's tax sea-

"Because VITA representatives on mili- she added.

tary installations are trained in preparing tax returns for active-duty military they are aware of tax laws that are of benefit to those members. This year at our office alone four military families were the recipients of this expertise," said Julie Boesel, Navy Fleet and Family Support Center Great Lakes.

Boesel explained that civilian tax preparers may not be aware of the Military Family Tax Relief Act that does not require military families to pay a capital gain tax from the profit of selling a home used as a rental

"There were four military members here at Great Lakes who were fortunate that we were aware of the law," she said. "All four faced a substantial tax bill if not for this act. This is a wonderful benefit for military members who would like to buy a home and build up equity prior to retiring.

"This is just one of many reasons why it is important for every military installation to offer the VITA program to its customers,'

## Navy partnership honored by LifeSource at luncheon event By EVA KOWALSKI **Training Support Center**

LifeSource, a blood-collection service

agency, held a recognition luncheon May 10 at the Port O'Call to honor the Navy Region Midwest partnership and recognize the staff members committed to the blood-saving

needs people like you." Photo by Judy R. Lazarus

More than 60 people attended the event, including Training Support Center (TSC), Great Lakes Commanding Officer Capt. Glenn Brunner.

LifeSource Chief Operating Officer Darlene Simons and DoD Account Manager Elaine Challos presented awards to 19 TSC

- See LIFESOURCE page 2

## West Nile Virus is a risk you can do something about

By LT. C. MARTINELLI AND HM1 R. NEAL

**Naval Hospital Great Lakes** 

The West Nile Virus (WNV), now prevails in most of the United States and is one health risk people can do something about. The main route of human infection with West Nile Virus is through the bite of an

infected mosquito. Mosquitoes become infected when they feed on infected birds. When that mosquito bites, the virus may be injected into the human or animal.

An estimated 20 percent of people, who become infected with WNV, will develop active West Nile Fever (WNF). Symptoms

See **WEST NILE** page 3



## First Lady places flowers

First Lady Laura Bush lays flowers at the Netherlands American Cemetery Sunday, May 8, 2005, in Margraten. White House photo by Paul Morse

## **Index**

## Now hear this!

There is a part-time Fleet and Family Support Center Relocation Assistance desk in the Navy Housing Office, Bldg. 8100. A representative will be available from 8 a.m.-3:30 p.m. on Mon., Wed. and Fri. to assist arriving or departing personnel. Get the facts on entitlements, allowances, travel and relocation benefits. No appointment is necessary.

# Free Father's Day messages to be hosted by Stripes.com

SIU graduation

Tammy Jones chats with Dr. Beth Winfrey Freeburg, Southern Illinois

University site coordinator, prior to her welcoming address at Tuesday's SIU

Carbondale graduation ceremony. "I commend you on your commitment,"

the admiral's wife told the new graduates, praising their dedication and

accomplishments. "You make a living by what you get; you make a life by

what you give," said the speaker, an educator who has taught French, and

English as a second language. You need to reach out," she said. "The nation

WASHINGTON (NNS) — Stars and box to the online message posting so people Stripes, the daily newspaper of the U.S. military, will host a free Father's Day Message online posting service at Stripes.com through May 27 at 5 p.m. EDT.

A selection of messages sent to those stationed in the Middle East will appear in a special printed edition to be inserted in Stars and Stripes Middle East Sunday edition, June 19.

All messages received by the May 27 deadline will be published online at Stripes.com beginning on Father's Day, June 19, including those sent to recipients in the Middle East.

"Due to limitations on Internet access for our forward-deployed [service members], we decided to print some of the messages just for the Middle East," said Stars and Stripes Chief Operating Officer, Max J. Lederer Jr.

Anticipating that many fathers in contingency areas will not have time to read messages online, Stars and Stripes will add a can check it if their recipients are in the Middle East. Those "checked" messages will be extracted and some will be printed in the special section on June 19.

"We believe it is very important that our down-range readers don't miss out on special occasions like this," Lederer added.

To send a free message, visitors may go to Stripes.com and click on the Father's Day Messages button, any time from May 9 to May 27. Stars and Stripes will publish all messages online, as long as they are received via its online message board by the May 27 deadline. Only messages received online will be published.

Stars and Stripes will make every attempt to print all the messages received for Middle East recipients, but reserves the right to limit the number of messages actually published in the special Middle East Father's Day Messages insert.

For more news from around the fleet, visit www.navy.mil.

## Navy, Marines pay visit to Batavia

Veterans Parade pays tribute to WWII

SEE PAGE 2

## Find out what's happening at **Great Lakes!**

Visit the Great Lakes official websites at www.nsgreatlakes.navy.mil and www.nstc.navy.mil

## LIFESOURCE

(Continued from page 1)

TSC and Learning Site staff members as well as several staff members from different Great Lakes commands.

Navy Region Midwest Blood Drive Coordinator Lt. Todd Dombrowski said the success of blood drives at Great Lakes can be attributed to the "effort, enthusiasm and charitability" of the staff

The achievements of Learning Sites were also highlighted at the event.

The Apprentice Technical Training division at Center for Surface Combat Systems Learning Site was commended for its "You

bleed them, we feed them" campaign, which has accounted for 34 percent of total blood units donated this year.

"Leading by example, they haven't had an unsuccessful blood drive this year," said Dombrowski.

During Dombrowski's two-year run as coordinator the number of blood units donated by students and staff has increased substantially from 4,500 units donated in 2003 to over 5,200 units donated this year.

Four guest speakers shared their stories at the luncheon and thanked the attendees for their support.

Janet Adcock, Business Development Specialist at LifeSource Blood Services, spoke on behalf of eleven-year old blood recipient Kira Arney.

Arney was diagnosed with a form of brain cancer and has benefited from blood transfusion during surgery and chemothera-

py.

Zena Berry Hill shared her story of how her baby son Ray Ray, who was diagnosed with a rare disease at eight months - an immune disorder known as severe combined immune deficiency – has managed to cling on to life with the aid of regular blood transfusions.

"Thank-you, you are the heroes of my heart," she announced, before sharing her story.

"Blood transmits the essence of life," articulated Lt. Col. Fritz Mielke, who survived a motorcycle accident after receiving an immediate transfusion.

Dr. Taher Sobhy, Board Certified Family Practice Physician from Condell Medical Center concluded, "Every single blood donor is the key person, that's why we are



Apprentice Technical Training (ATT) staff members from the Center for Surface Combat Systems Learning Site were presented a trophy at a LifeSource luncheon May 10 for hosting successful blood drives throughout the year. *Photo by Matt Mogle* 

# Sailors, Marines join city of Batavia to celebrate veterans

By ENSIGN T. MIMS
Naval Hospital Great Lakes

On May 1, the City of Batavia, Ill., celebrated past and present military veterans. Active duty sailors from the Naval Hospital Great Lakes, led by the Command Color Guard, Naval Hospital Corps School, Marines from Marine Air Control Group 48 (MACG 48), and other Reserve Officer Training Units joined with local community members to celebrate the 31st Annual Loyalty Day Parade.

An estimated 2,500 patriots participated in the parade event. People of all ages, floats, military and emergency vehicles, cars, strollers, bikes, and even some four-legged friends joined in the parade event.

Many of the organizers said it was the biggest parade that they have ever had. HM1 Russell Sansone, who is stationed at the Naval Hospital Great Lakes and who also marched in the parade said, "It was spectacular. Being a part of this year's cele-

bration reminded me of how much the Armed Forces are truly appreciated."

The parade theme and commemoration was "World War II — 60 years after." The parade participants made their way down, around and through downtown Batavia. Girl Scouts and Boy Scout troops carried signs thanking the veterans. The crowd, who had set-up their chairs hours earlier, clapped and cheered the troops and veterans as they marched by. Many in the crowd saluted the flag; all of them in their own way said "thank you" to the veterans.

This event seemed to spark many conversations about war and patriotism with reflections upon the present and the past

It was a time for pride, remembrance and respect for all those who protect this great nation. The Sailors and Marines from Great Lakes, looked upon the veterans of "days gone by" and reflected upon the many changes in military life and also upon the threats to America that have not changed.



A number of Sailors and Marines from Great Lakes participated recently in the Batavia, III., Veterans Parade. *Photo by B. Mims* 

# Great Bulletin

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Everything advertised in this publication shall be available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchase, user or patron.

If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation is corrected.

## Gate Status Report as of Mon. 16 May

<u>Gate</u>	Closed	Currently	is:
<b>3</b> (Hospital)	11 April- <u>25</u>	<b>July</b> (Use #1 or 5)	
1 (Main Gate)	25 July <u>09</u>	<u>Dec</u> (Use #3 or 5)	
4 (CluveriusAve)	6 Jun-23 S	ept.	
<b>5</b> (North)	Work starts	s 07 Jul.	
6 (RTC Main)	18 April- <u>1</u> S	Sept (use #8 Ohio St.)	
7 (Camp Moffett) (Use temporary g	6 Sept.15 Date at Spaulding	<del></del>	
<b>9</b> (Mississippi St	:.)9 May <u>-16</u> S	Sept	

Changes and updates from previous week will be <u>underlined</u>.

(This is the gate to NEX Home Gallery.)

(i)

# Navy volunteers recognized at awards ceremony

By EVA KOWALSKI **Training Support Center** 

The staff members at Training Support Center (TSC), Great Lakes, who dedicated their time to the Public Action to Deliver Shelter (PADS) program – a program that provides food and emergency shelter to Lake County's homeless during the winter months - were recognized May 10 in an awards ceremony at the Wesley Free Methodist Church in Waukegan.

Twelve TSC staff members were awarded "Outstanding Service" certificates for their efforts.

During the PADS season from October to April, the staff encouraged and motivated students to volunteer. They helped muster the students at the North Chicago VA Medical Center seven nights a week, where the homeless gather before being transported to local shelters, and they helped supervise and answer questions.

Program Manager Cedric Lee said, "The Navy is extremely valuable. They provide volunteers during the whole night (whereas) other volunteers work four hour shifts."

Navy volunteers stay overnight with the homeless at the shelters helping set up dinner and breakfast, play games, make lunches and clean up.

Linda Rongey, PADS Development Director, said the awards night provided an 'opportunity for volunteers to get together."

She said, "An average number of 2,000 volunteers help out with the program every

Volunteers from local churches, Sailors, and civilians from other organizations and groups work together to make the program

Award recipient ET2 (SW/AW) James Riley said volunteering was "the noble thing to do. It's something that needed to be

Eager to help after returning from a three-year mission in Guam, IT1 (SW) Cesar Cevallos dedicated twenty hours of his time to ensure smooth coordination of the program.

Award recipient EN1 (SW) James Strong said, "The Navy is known worldwide and to have such an organization like that be involved makes a big difference."

During the season, 961 TSC volunteers contributed a total of 13,832 hours of service to the community. Students volunteered 772 times contributing 10,808 hours to the PADS cause and staff members volunteered 189 times contributing 3,024 hours to the cause.

TSC PADS Coordinator MMC (SW) Norman Mauldin said the staff was invaluable in making the PADS partnership a suc-

"Without the staff members it would not be possible, without their participation in the program we would've had to cut the number of days we could volunteer."



PADS Coordinator MMC (SW) Norman Mauldin presents (from right to left) ET2 (SW/AW) James Riley and EN1 (SW) Jason Ortega with "Outstanding Service" certificates for their involvement in the PADS program, during an awards ceremony May 10 at the Wesley Free Methodist Church. Photo by Eva Kowalski

# GLakes employees receive federal awards

## Honors go to three winners, four finalists

By JUDY R. LAZARUS **Bulletin Associate Editor** 

Three Great Lake employees were recognized for their outstanding performance in the workplace when they won three categories in the annual Federal Employee of the Year competition held by the Chicago Federal Executive Board. Five additional employees were named as finalists in four of the categories.

Great Lakes had winners and finalists in a total of six of the 11 categories of the competition.

Awards were announced at the 48th annual Federal Employee luncheon held at the Cadillac Club, Soldier Field Stadium, Chicago. The theme of the event was "Federal Employees - Stamp Excellence."

Nominations were from all federal executive agencies in the Chicago area. Hundreds of federal employees are nominated by their supervisors each year. These personnel exemplify the very best in dedicated public service.

Emette J. Patterson, from Naval Station (NAVSTA) Family Housing Department, was named Outstanding Program Specialist Employee; Thomas P. Bockman, Naval Facilities Engineering Command (NAVFAC) Midwest, was selected as Outstanding Technical/Program Support Employee; and Dianne Gavin, Naval Hospital Great Lakes, was chosen



## Commemorative coins

Navy Ball Commemorative Coins from 2004, which were not available at last year's event, may now be purchased for \$5. All proceeds will benefit Navy Ball 2005, which will be held on Oct. 14. For further information, call CS1 Robert Kroeger at 688-5595.

Outstanding Secretarial/Clerical Support Employee.

were: Kenneth Endress, Finalists NAVSTA, for Outstanding Community Service; Michael Ugolini, NAVFAC Midwest, Outstanding Program Specialist; Brian Byrnes and Roel Florida, NAVFAC Works Facility Public Midwest Sustainment and Services, for Outstanding Trades and Crafts; and James B. Horine, NAVSTA, Outstanding Public Contact Employee.

"It was exciting to see so many outstanding individuals and teams from the Great Lakes area represented at this year's Federal Employee of the Year awards ceremony," said Capt. Kathryn Hobbs, commanding officer, Naval Station. "To win three of the 11 major categories, and to have so many finalists and awardees out of 300 nominees from all federal Chicagoland commands, truly is a testament to the incredible performance and professionalism of everyone in Great Lakes.'

Patterson, from Racine, Wis., who was a U.S. Marine for 13 years, said, "Being selected as a finalist, leading to my subsequently being awarded such a prestigious honor, was truly awe-inspiring to me. The mere fact of receiving such an award amongst so many other outstanding federal service employee nominees, also worthy of such recognition, was for the most part an extremely humbling experience that I will cherish greatly for the rest of my life."

The housing department program cialist has been employed at Great Lakes for the past 16 years.

"Winning this award was a complete surprise.," said Bockman. "I couldn't have won without the help and support of my coworkers and the contractors I've worked

Now an engineering tech at NAVFAC Midwest, Bockman began his career at Great Lakes as a journeyman carpenter in the PWC Carpenter Shop in 1983. He has served as a housing inspector, housing manager specialist, quality assurance specialist, and was resident officer in charge of construction from 2001 to 2204.

Gavin, who has been at the base since 1989, said, "I was just so pleased to be nominated. When they called my name I was so surprised. I was floored.

"It was really quite an honor to be chosen among so many people," she noted. "I was deeply humbled."

Gavin, now a resident of Beach Park, Ill. who previously lived in Wisconsin, was born on a Navy base in Oakland, Calif. Her father was a Pearl Harbor survivor.

(Continued from page 1)

can include fever, headache, tiredness, body aches, occasionally a skin rash (on the body torso) and swollen lymph glands.

The course of the illness can run from a few days to several weeks.

The symptoms of severe illness can include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, paralysis, and

An estimated one in 150 persons are infected with the WNV and will develop a more severe form of disease. Serious illness can occur in people of any age.

People over the age of 50 and immunocompromised persons (for example, transplant patients) are at the highest risk for acute illness. Four out of five people infected with the WNV, will not develop the illness. Currently, there is no specific medication treatments approved for use.

There are a few investigational drugs being evaluated. In severe cases, treatment can consist of hospitalization.

Reduce the risk of infection by avoiding mosquito bites. Apply insect repellent containing DEET (Look for N, N-diethyl-mtoluamide) on exposed skin when outdoors. Spray clothing with repellents containing DEET or Permethrin.

fabric and allow to air dry before wearing

the clothing. Use repellent carefully and follow the manufacturer's directions.

Avoid mosquitoes and cover up. Wear long sleeves, long pants, and socks sprayed with Permethrin repellent while outdoors. Many mosquitoes bite between dusk and dawn. Limit outdoors activities during these hours and be sure to follow the above mentioned precautions.

Dead birds help health departments track the spread of the WNV. Notify the local health department if you find a dead bird. Keep mosquitoes outside by fixing or installing window and door screens. Drain standing water. Don't give mosquitoes a place to breed. A small amount of standing water can be enough for a mosquito to lay her eggs. Look around every week for possible mosquito breeding

Empty water from buckets, cans, pool covers, flower pots, tires, and other items that can collect rain water. Throw away or cover up stored tires and other items that aren't being used. Clean pet water bowls and check if rain gutters are clogged. If storing water outside or have a well, make sure that it is covered.

For more information, call the Environmental Health Division, Naval Don't use Permethrin on skin, only on Hospital Great Lakes at (847)-688-6712,

## Get the facts about the NSPS

Here are some myths and facts concerning the National Security Personnel System

**Myth:** Under NSPS, there is no process for employees to challenge their performance rating.

**Fact:** DoD is developing a process that will allow employees to request reconsideration of their rating to a higher authority. This process will apply to all employees under NSPS. Under current law, employees in the same organization are often subject to different procedures and avenues when challenging performance ratings. This sometimes results in inconsistent decisions. Because of the importance of the performance rating process and its impact on pay, DoD will ensure that every employee has the same opportunity to seek appropriate

Myth: Under NSPS, there is no due process for employees affected by an adverse action.

**Fact:** Not true. The proposed regulations preserve due process rights for employees who are subject to an adverse action (e.g., removal, suspension of more than 14 days, reduction in pay or pay band level). In all such cases, employees continue to have the right to notice of proposed action, the right to reply, the right to representation, and the right to appeal that action. The rule changes proposed in the regulations seek to streamline this process so that workplace issues are resolved quickly, while ensuring due process, recognizing the need for workplace accountability, and providing efficient tools for dealing with performance and conduct issues.

# Personal safety is topic at Women's Council meeting

## 'Be aware' crime prevention specialist advises audience

**By JUDY R. LAZARUS**Bulletin Associate Editor

"Learn to trust your gut instinct, use your sixth sense," said Sergeant Bruce Adams, Great Lakes Police Department Crime Division Specialist, discussing personal safety at last week's NSTC Women's Council open meeting.

"Avoid a person or situation which does not feel safe," he said. "Be aware of yourself and your surroundings."

Personal safety can be a big problem, especially for women, Adams explained. He discussed the four areas of danger: home, vehicle travel, the Internet, and sex-

ual assaul

"If it has a lock, lock it" he said. "If you do that all the time at home it will become second nature to you. Make sure there are quality locks on all doors and windows and that the garage door is not left open when there is access to the house. Survey your home. See areas of concern."

Outside lights should be used at night, the sergeant said. And bushes should be trimmed so that they are not providing a place for someone to hide.

"Crime hates witnesses," he noted.

Adams also explained that newspapers should not be left out when residents are away

Observe physical safety by keeping car doors locked while driving. Make sure that windows are closed and the car is locked when parked, and don't park too far away at night. Cars should be in good repair and have at least half a tank of gas, Adams said.

"Dependable transportation is impor-

tant," he emphasized. "And if you're stuck don't get out of your car."

When choosing a motel or hotel, selection is vital. Don't pick a room on the first floor or one which opens onto the parking lot, Adams warned.

Although the Internet is educational and entertaining, it can also be dangerous if one is not careful, the crime prevention specialist said. Make sure virus protection is updated and always keep personal information confidential.

Adams noted that anyone can be a victim of sexual assault.

"When meeting someone new take time to find out about that person," he declared. "Be careful about inviting someone into your home"

In addition to locking doors and closing curtains and shades at night, put initials on the mailbox instead of your first name. "In the event of an attack, your goal is to survive," Adams said. "Use your right to defend yourself through passive or active resistance.

"Run away, yell for help, throw a rock through a window. Do whatever you can to attract attention. You can and should defend yourself physically," he added. "Statistics show that odds of survival are greater if you do fight back.

"Your goal is not to win, it is to get away. Your only mission is to stay alive. Your job is to take care of you."

Women's Council quarterly meetings are open to men as well as women. They take place at 11:30 a.m. at the USO, Bldg. 27, and provide an opportunity to hear guest speakers and to network with other members of the Great Lakes community.

For further information, call Anny Swanson at 688-3792.



Incorporate safety into daily life, Bruce Adams told his audience at last week's Women's Council meeting. *Photo by Judy R. Lazarus* 



Until Every One Comes Home®

May 13 and 26 - The next "No-Dough Dinners" are May 13 and 26, at the Great Lakes USO, Bldg. 27, Naval Station, at 5:30 p.m.

May 18 - On May 18, Quang X. Pham visits the Pritzker Military Library to talk about his new book "A Sense of Duty." The museum is at 610 N. Fairbanks Ct. in Chicago The reception, with catered hors d'oeuvre is at 5 p.m., and the program begins at 6 p.m. It is free to all.

May 21 - See the Sorcerer's Apprentice at the Apollo Theatre at 1 p.m. on May 21. The event is free to military personnel and their families, and transportation is available through the Great Lakes USO.

May 22 - Come to the KRE BBQ Smokers Cook-Out on May 22 from noon-4 p.m.at the Great Lakes USO, Bldg. 27, Naval Station. Free to military personnel and their families.

May 28 - Organizers of the Chicago Memorial Day Parade need military in uniform and their families to ride in historic military vehicles in downtown Chicago. The event takes place on May 28 from 10 a.m.-1 p.m., and lunch will provided. RSVP to USO Great Lakes at (847) 688-5591.

May 31 - A West Pacific Islander Cruise Dinner and Program takes place May 31 from 5-7 p.m. at the USO Bldg 27. This event honors Asian Pacific Islander Month, and includes cultural dance and cuisine. Wear your island or traditional gear. For more information on the above events go to www.uso.org/Illinois and click on link to special events or the link for the calendar of events.

The Great Lakes USO is located in Bldg. 27 on the Great Lakes Naval Station near the front gate. The hours of operation for center usage are Monday-Friday 3-9 p.m, and Saturday and Sunday 11 a.m.-9 p.m. The USO is open Monday-Friday from 8 a.m.-3 p.m. for outreach programs, ticket programs, and general assistance. For information call (847 688-5591. The USO has been "Serving Our Troops Since 1941." The mission of the USO of Illinois in times of peace and conflict is to enhance the quality of life of the active duty men and women of the U.S. Armed Forces and their families through social, recreational, entertainment and educational programs and support services.

## Join team NMCRS Great Lakes

Everyone at Great Lakes is invited to join the Navy-Marine Corps Relief Society (NMCRS) and be part of their volunteer team. Volunteers can:

- Receive reimbursement for childcare expenses and mileage.
  - Help people with an emergency need.
- Obtain training for jobs performed.
  Develop new skills or improve on existing talents.

Volunteer opportunities available with NMCRS Great Lakes are for the following positions:

- Thrift Shop workers who accept and organize donated items for resale through the NMCRS Great Lakes Thrift Shop
- Receptionists who provide information, greet clients, and process data.
- Caseworkers who listen to requests, make decisions and disburse funds to meet client needs.

Call the Navy-Marine Corps Relief Society Great Lakes at (847) 688-6830/31 for an application or call for more information.

# Mini medical school offers classes on diabetes, obesity

The inaugural session of Rosalind Franklin University's Mini Medical School in North Chicago debuted to 46 attendees at 7 p.m. on May 3.

After a brief welcome from RFUMS President and CEO Dr. K. Michael Welch, the "students" began their first course on "The Frontiers of Diabetes, Diabetic Diets and Diabetic Foot Care," taught by faculty members Janice Gilden, MD, Professor of Medicine, Division of Endocrinology and Medical Director of Diabetes at Saints Mary and Elizabeth Medical Centers; Virginia A. Hammarlund, PhD, RD, LDN, associate professor of nutrition; and Stephanie Wu, DPM, MSc, assistant professor of surgery at Scholl College of Podiatric Medicine.

The professors discussed causes and risk factors of diabetes, proper diets for diabetic patients, and care and treatment of the diabetic foot.

After a short break, Hammarlund continued with "New Thoughts about Obesity and its Dietary Treatment," a companion presentation to the first session, and a

detailed overview of popular weight-loss programs and philosophies. The evening was capped by a question and answer session with the faculty, and a preview of the May 10 sessions on "How to Navigate the Healthcare System" and "Medical Research: From Molecules to Man."

Class registration is still open for the remaining Tuesdays in May.

Participants are welcome to attend as many or as few sessions as they like. Courses will run from 7 to 9 p.m. on consecutive Tuesday evenings in May. The program is free, and the only prerequisite is a sense of curiosity about how the human body works and about being your own best advocate when it comes to your health.

The Mini Medical School is held on the Rosalind Franklin University campus at 3333 Green Bay Rd., North Chicago. All classes take place in the Health Sciences Building, Room 1.710. Parking is free, and snacks will be provided.

To register, or for more information, call (847) 578-3341 or e-mail elsa.kurien@rosalindfranklin.edu.



HN Clinton Baysen registers for clases at the mini medical school of Rosalind Franklin University of Medicine and Science. *Photo courtesy of Rosalind Franklin University* 

# CPSC, Simplicity Inc. announce recall of cribs

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firms named below, recently announced a voluntary recall of the following consumer products. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of product: White Lancaster

Units: About 575.

Manufacturer: Simplicity Inc., of Reading, Pa.

Hazard: The white paint on the cribs can chip, posing a choking hazard to young children.

Description: The recalled cribs are made of wood and painted white. Model numbers 8554W-PT and 8554WW are printed inside the headboard and on the envelope attached to the mattress support. The Simplicity name, address, manufacturing date and model number are written on a label found on the inside bottom of the headboard.

Sold at: Department stores, Children's product stores and Target.com from June 2004 through April 2006 for about \$200.

Manufactured in: Indonesia.

Remedy: Consumers should contact Simplicity Inc. to receive a refund.

Consumer contact: Call Simplicity Inc. at (800) 858-8323 between 8:30 a.m. and 5 p.m. ET Monday through Friday or visit the Web site at www.simplcityforchildren.com.

#### Fireworks recalled

Name of product: 24-shot Excalibur Reloadable Artillery Shell Kits.

Units: About 75,000 reloadable kits.

Importer: Jake's Fireworks Inc., of Pittsburg, Kan.

Hazard: The aerial shells are fused, shaped, and labeled in a way that could cause consumers to unintentionally place them into the launch tube upside down, resulting in a ground-level explosion. Such an explosion can cause serious injuries to consumers in close proximity of the device.

Reloadable Artillery Shell Kits are sold in a black box with plastic windows. The shell kits are a consumer fireworks device that consists of a black plastic launch tube and twenty-four display shells in a display box. "24 shot Excalibur Reloadable Artillery Shell Kits" and "World Class Fireworks" are written on the front of the display box. Only the model 24 shot Excalibur Reloadable Artillery Shell Kits are included in this recall.

Sold at: Fireworks retailers, including display stands and tents in states permitting the sale of consumer fireworks, from Winter 2003 through Winter 2004 for

Manufactured in: China.

Remedy: Consumers should stop using the fireworks immediately and return the entire device to the store where purchased for a full refund or contact Jake's Fireworks for further instructions.

Consumer contact: Call Jake's Fireworks Inc. at (800) 766-1277 between 8 a.m. and 5 p.m. CT Monday through Friday, or visit the firm's Web site at www.jakesfireworks.com.

## Handlebar stems recalled

Name of product: Dimension Bicycle Road and Mountain Threadless Handlebar

Units: About 18,000.

Manufacturer: Quality Bicycle Products Inc., of Bloomington, Minn.

Hazard: These handlebar stems can crack or break, causing the bicycle rider to fall and suffer injuries. Incidents/injuries: There has been one report of a handlebar stem breaking that resulted in minor abrasions and bruises to the rider.

Description: The recall involves all Dimension-brand road and mountain threadless bicycle stems with a 130 degree rise. The stems are black or silver and have the word "Dimension" painted on the extension. Only models SM2330 to SM2333, SM4555 to SM4558, SM4567, Description: These 24-shot Excalibur and SM4570 to SM4573 are included in

this recall. The model numbers are printed on the original packaging. These handlebar stems all have a 130-degree "high rise" but vary in extension length.

Sold at: Bicycle specialty stores, Web and mail order retailers nationwide from January 2003 through March 2005 for about \$25.

Manufactured in: Taiwan and China.

Remedy: Contact your local bicycle retailer to have them check your handlebar stem and obtain a replacement stem if nec-

Consumer contact: For more information, contact QBP toll-free at (877) 725-7211 between 8 a.m. and 6 p.m. CT Monday through Friday or visit www.dimensionbikeproducts.com.



Color guard visits
On April 30, the Knights of Columbus Council 973 in Kenosha, Wis., celebrated its 100th Anniversary with a mass and dinner. Great Lakes Sailors, who formed a color guard, were guests at the event. These new sailors appeared in front of more than 200 people, including Archbishop Timothy Dolan (Milwaukee) and US Congressman Paul Ryan (Wis.). Left to right are SR Gian Schultz, SA Michael Romero, AN Joshua Coots. Photo courtesy Knights of Columbus

# Honormen, RCPOs at the Recruit Graduation Review



Fairfield, Calif. The National Society Of The Sons Of The American Revolution **Academic Excellence Award** 

The following honor recruits for the May 13 recruit review graduation ceremony will be presented with a statuette of the Lone Sailor by the Fleet Reserve Association: SR Edward Plew, Div. 167, Albany, N.Y.; SR Aishah Hashim, Div. 168, San Fransico, Calif.; SR Seth Hardage, Div. 169, Tyler, Texas; SR Katreon Clark, Div. 170, Shreveport, La.; SR Seth Steber, Div. 171, Mobile, Ala.;

SR James Holden, Div. 172, Missoula, Mont.; and SR Andrew Toddsmith, Div., 925, Stow, Ohio.

The recruit chief petty officers for this week's recruit review graduation are as follows: SR Casey Alexander,

Div. 167, Franklin, Tenn.; SR Lisa Moran, Div. 168, Portland, Ore.; SR Julian Naval, Div. 169, Manila, R.P.; SR James Trautz, Div. 170, Chesapeake, Va.; SR Seth Steber, Div. 171, Mobile, Ala.; SR Zane Morris, Div. 172, Hewitt, Texas; and SR Andrew Toddsmith Div. 924, Stow, Ohio.

The award recipients for the May 13 recruit graduation review are as pictured.



SR Loren Kiefer, Div. 167 Monroeville, Pennsylvania **Navy League Award** 



SR Jason Nordin, Div. 169 Brookland, Ark. **United Services Organization Shipmate Award** 



SR Stephen Tulabut, Div. 172 Seattle, Wash. The Military Order Of The World Wars **Award Of Merit** 



SR Jeremiah Taylor, Div. 168 Mannford, Oklahama **Military Officers Association Of America Award Leadership Award** 



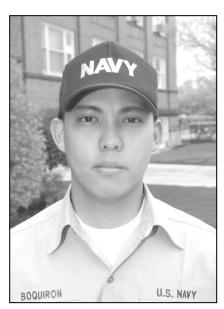
SR Michelle Mitchell, Div. 168 Washougal, Wash. Navy Club Of The United States Military Excellence Award

# Readers Speak Out

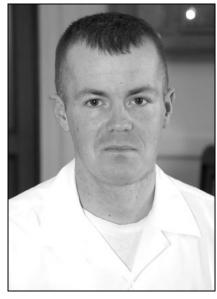
This week the Bulletin asked its readers, "Are you a Star Wars fan and if so do you plan to see the final movie, "Revenge of the Sith?"



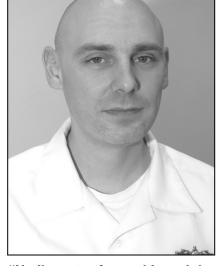
"Yes, I'm a fan. I'll see it after it opens for a few days." EM1(SW) Gary Neff



"I plan to see it. I've seen all the others. It's a good story." **HN Abner Boquiron** 



"I'm not a big fan but my buddy asked me to see it with him so I'm going.'



"No I'm not a fan and I won't be seeing the movie." CS1(SW) Jess Barr

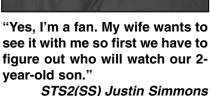
SN Joshua Pruitt



"Yes, I'm a fan. I'll see the movie after I watch the first two again

on DVD."

Lt.j.g. Phil Oh



## Where To Get The Great Lakes Bulletin

The Great Lakes Bulletin is on newsstands at the following places, on and off base. Pick up a FREE copy every Friday at the location nearest you!

Bldg. 178 - BEQ Bldg. 4 - Gym (East End) Bldg. 6 - NTC Master At Arms Force Bldg. 110 - Ross Auditorium Bldg. 177 - TPU Bldg. 144 - NEX Service Station Bldg. 290 - Navy Federal Credit Union Bldg. 239 - 1200-PSI Trainer Bldg. 236 - GSM "C" School Bldg. 238 - GSE "C" School Bldg. 616/617 - FC School Bldg. 621 - ET school Bldg. 631 - BEQ Bldg. 833 and 834 - BEQ Bldg. 90 - BEQ Management, Air National Guard, Veterinary Services, BVISA Bldg. 535 - Mainside Galley McDonald's on Mainside Bldg. 525 - The Factory Bldg. 331 - BEQ Bldg. 333 - BEQ Bldg. 334 - BEQ Bldg. 332 - EM/IC School Bldg. 440 - Fieldhouse Bldg. 531 - BEQ Bldg. 521 - Gunnery School Bldg. 130 - NTC Security, Badge and Pass Bldg. 42 - Family Service Center, Navy-Marine Corps Relief Society
Bldg. 111 - Fleet Store Blda. 73 - Naval Dental Center

Bldg. 13 - Great Lakes Marina Bldg. 1A - Public Works Center Bldg. 2A - Pubs and Printing Bldg. 131 Bldg. 128 Bldg. 534 Bldg. 122 Bldg. 2B Bldg. 119

Bldg. 106 Bldg. 322 Bldg. 26 - Armed Forces Bank Bldg. 27 - USO/Human Resources Office Bldg. 520 - HT School Bldg. 334 - BEQ Bldg. 2 - Navy Campus, NCIS Bldg. 2C - Personnel Support Activity and PSD-NTC Bldg. 220 - NEX Dry Cleaners/Laundry

Bldg. 1 - NTC HQ, REDCOM 13 Bldg. 3 - SSC HQ, Navy Recruiting Area 5 Bldg. 140 - Port O'Call Bldg. 837 - BEQ

Bldg. 62 - BOQ Bldg. 237 - Branch Medical and Dental Clinic **Recruit Training Command Camp Porter** Bldg. 933 - Fireman Apprentice Training Lab

Bldg. 1017 - Branch Medical and Dental Clinic Bldg. 927 - Apprentice Training Bldg. 1400 Drill Hall 800 Drill Hall 1000 Dental Office

Bldg. 1313 - Visitor's Center

Bldg. 914 - Navy Brig Bldg. 1016 - BEQ Bldg. 1015 - BEQ Bldg. 1127 - Post Office, RTC HQ Bldg. 1312 - NEX Photo Lab, Clothing Issue

Recruit Training Command Camp Moffett Bldg. 1405 - Golden Thirteen Inprocessing Center Bldg. 1523 - Medical and Dental Inprocessing

Bldg. 150 - Navy Band Bldg. 160 - MWR Administration Bldg. 154 - Morale, Welfare, and Recreation 180 - Rynish Bowling Center

Bldg. 130-H - Hospital Corps School Bldg. 80-H - Gym, Pool

Bldg. 14-H Bldg. 219-H Bldg. 200-H - Main Hospital Bldg. 200-H, 11th Floor

Bldg. 38-H - Medical and Dental Affairs Bldg. 1-H - Human Resources Office, Naval Dental Research Institute

Bldg. 3200 - Supply Department
Bldg. 3212A - Defense Reutilization and Marketing Office (DRMO)
Bldg. 3205 - CHRIMP office

Bldg. 3212B - DRMO

Bldg. 3215 - Construction Battalion Unit 401

Bldg. 2710 - Forrestal Village Mini Mart Bldg. 2500 - Navy Lodge Bldg. 2600 - Family Activity Center

Bldg. 3312 - Duffer's Den

Fort Sheridan North Shore Memorial - Bldg. 900 **Police Station** Bldg. 369 - Youth Center

Bldg. 142 - Chicago Recruiting Battalion

Navy Exchange, Commissary - Burkey Mall VFW Post 7981, 1701 Martin Luther King Drive, North Chicago

Bldg. 3400, Military Entrance Processing Command, and Selective Service System Bldg. 133CA, Veterans Affairs Medical Center

Woodland Apartments, 3500 Green Bay Road, N. Chicago Great Lakes Credit Union, 2525 Green Bay Road, N. Chicago

First Command Financial Planning, 14045 Petronella Dr., Unit 1, Libertyville

McDonald's, Green Bay Rd. and MLK Dr., North Chicago Ted's Liquors, 2122 Sheridan Road, N. Chicago Geico Insurance, 3900 Washington St. Gurnee North Chicago Import Auto, 1220 Sheridan Rd. Sound Experience, Rte 41 and 137, North Chicago Speedway Gas, Rte. 41 and 137, N. Chicago Great Lakes Oriental Store, 2234 Green Bay Road,

N. Chicago Arby's, 2539 Green Bay Rd., N. Chicago ICS Pay Day Loan, 2106 Sheridan Rd., N. Chicago Arlington of Waukegan, 1200 Green Bay Rd.
Holiday Inn Express, 619 S. Green Bay Rd., Waukegan
Arrington Automotive, 306 10th St., Waukegan
Best Inns, 31 N. Green Bay Rd., Waukegan
Best Western, 411 S. Green Bay Rd., Wauke Javelin Restaurant, 226 S. Sheridan Rd., Waukegan GoJo's, Rte. 120 and Green Bay Rd., Waukegan Poppy's, 30 S. Sheridan Rd., Waukegan Days Inn, 3633 N. Lewis Ave., Waukegan Super 8 Motel, 630 N. Green Bay Rd., Waukegan Ramada Inn, 200 N. Green Bay Rd., Waukegar Comfort Inn, 3031 Belvidere Rd., Waukegan Brunswick Bowl, Lakehurst Mall, Waukegan Thrift Lodge Waukegan, 222 W. Grand Ave. Burger King, 3140 Belvidere Ave., Park City Am. Legion Hall, 749 N. Milwaukee Ave., Gurnee Adventure Inn 3732 Grand Ave., Gurnee Hotel Moraine, 700 N. Sheridan Rd., Highwood Best Western - Hitch Inn Post - Route 137 and 21,

Libertyville Egg Harbor Cafe, 512 N. Western Ave., Lake Forest Lake Forest Chamber of Commerce, 272 Market Square Happy Bill's Restaurant, 38730 N. Sheridan Rd., Beach Park Truck Stops of America, I-94 and Russell Rd., Russell, Ill. Lake County Urban League, 122 Madison Ave., Waukegan Dennys, 890 Lakehurst Rd., Waukegan Maibeth Raper Real Estate, 2701 Sheridan Rd., Zion Paragon West, 901 Lakehurst Rd., Waukegan Allstate Insurance, 2323 Green Bay Rd., North Chicago First Command Financial Planning,
11 N. Skokie Hwy. Suite 300, Lake Bluff 60044

For information about newspaper distribution, call the editorial office at (847) 688-4808.

# Buildings on Base

Twice a month the Great Lakes Bulletin will offer a glimpse of various building throughout the base.

## Are you familiar with this one?



Public Safety, Bldg. 179

## Information, Tickets & Travel **Building 400, 688-3537**

#### Office hours

ITT's hours of operation will be Monday-Friday 10 a.m.-5 p.m. and Saturday 10 a.m-noon. They are closed on Sunday and all federal holidays.

#### Weekend getaway

Extended Stay Hotels is offering special military rates of \$44.99 per night (double occupancy) for Extended Stay America - Vernon Hills, Homestead Studio Suites -Vernon Hills, and Crossland - Waukegan for Friday, Saturday, or Sunday nights. Whether you choose Extended Stay America, Homestead Studio Suites, or Crossland you can make yourself at home in our studio suites with fully equipped kitchens. In addition all local phone calls are free and each hotel is pet friendly. Onsite guest laundry facilities are available 24 hours daily. Relax and enjoy the weekend at our hotels centrally located in Lake County off I-94 and minutes away from nearby shopping as Hawthorn Mall or Gurnee Mills, restaurants, golf courses, and movie theatres. Special military rates are also available for longer term stays over seven nights. Stop by the ITT Office for additional information or visit www.ExtendedStayHotels.com.

To make advanced reservations call ESA Vernon Hills (847-821-7101), Homestead Studio Suites Vernon Hills. (847-955-1111), or Crossland Waukegan (847-688-0402).

#### Chicago City Pass

Visit six attractions at one low price with no ticket lines: The Art Institute of Chicago, The Field Museum, The Museum of Science and Industry, The Adler Planetarium and Astronomy Museum, The Shedd Aquarium and Oceanarium VIP and The Hancock Observatory.

The cost is \$49 per adult (value: \$72.50) and \$38 per child ages 3-11 (value: \$51).

#### Go to the head of the line

The new Hancock Observatory takes you to the top and one step beyond. The new Hancock Observatory, in the heart of Chicago's Magnificent Mile, gives you a one-stop tour of Chicago. Step out into the wild blue on "Skywalk," Chicago's only open-air viewing deck.

Best of all, experience Chicago's finest views, spanning 80 miles, four states, and 360 degrees. ITT's Hancock Observatory Admission Fees are \$7.50adult, and \$5.50-child.

## **Metra tickets**

ITT has METRA commuter train tickets on sale. The cost is \$4.50 for a round trip ticket, or \$2.25 for a one-way ticket from North Chicago to downtown Chicago, a savings of over 50 percent off the regular ticket price. Avoid the stress of driving and high parking fees. Let METRA take you on a one-hour leisurely train ride downtown to experience some of the best restaurants, theatres, museums and entertainment Chicago has to offer. These METRA tickets are available to active duty military, only.

#### The Holiday Inn Hotel and Suites – Downtown Chicago

The Holiday Inn Hotel and Suites –

Downtown Chicago is now serving Great Lakes with special military rates available from \$99/night! Enjoy the spacious comfort of either a King or two double beds in Downtown Chicago at the Holiday Inn Hotel & Suites conveniently located on Harrison St. at Canal St. Dine at Aurelio's Pizza and Lounge, relax during the summer months at the outdoor rooftop pool and deck, work out in our fitness room, and take advantage of our Free Wireless High Speed Internet Access. Located just off I-290 and minutes away from Sears Tower, Greek Town, Little Italy, Grant Park, the Museum Campus, and the Lakefront. METRA's Ogilvie Transportation Center and Union Station are only steps away while the Clinton "L" stop of the CTA Blue Line is located at the base of the hotel. The \$99 Navy rate is subject to availability and is higher during special events. Stop by the ITT Office for additional hotel information or visit www.hidowntown.com. For advance reservations call 312- 957-9100 and ask for the Navy rate.

#### **ComedySportz**

Finally, a fun, fast-paced comedy show that's great for the whole family. It's ComedySportz (Chicago), improvisational comedy played as a sport by members of the World Comedy League. Two teams battle for laughs and points as they make up scenes, games and songs on the spot. The audience votes for the winners, a referee calls the fouls and they even play the national anthem before each match. Get your tickets today at ITT for only

#### Spirit of Chicago harbor cruises

Enjoy either a dinner or a lunch cruise with a grand buffet, dancing, Broadway music and the sights of Chicago.

## **Best Western discount**

The Best Western Harbor Shores in beautiful Lake Geneva – is now offering accommodations at exceptional military discounts. Visit the Best Western Harbor Shores in beautiful Lake Geneva, WI. centrally located, just steps away from the majestic waters and within walking distance to the downtown area. The Hotel is offering special discounted military rates for accommodations in one of the Midwest's hottest resort towns. The rates are as follows: May-Sept.: \$85/night (excludes Saturdays - slightly higher

Make your reservation today by calling (888) 746-7371 - use "Navy" rate code when making the reservation. For a brochure and/or additional information, stop by the ITT Office.

## Terrific air travel rates

Exclusive air travel rates into out of O'Hare, Midway and Milwaukee airports may be arranged by ITT's new advertising partner, Travel Management/American Express, a local travel business - providing travel assistance throughout the year for everything from emergency trips home to off-duty vacations and dependant travel. Military discounts are available on a number of travel services. The local phone number is 847-234-5877.

## Calling all baseball fans

See the Chicago Cubs at Historic Wrigley Field. The ITT Office carries one of the hottest tickets in town-the Chicago Cubs. The ITT Office holds 12 seats to 51 home games including night and weekend games. Since these tickets will be in high demand, a lottery will be conducted for 50 percent of the tickets (active duty, only). The lottery winners will have first chance at a pair of tickets to any game in that month. The remaining 50 percent of the tickets will go on sale to other eligible customers. For June home games the lottery begins on May 1 and runs through May 21. All lottery winner names will be posted at the ITT Office by 10 a.m. on May 23. Lottery winners will have until May 28 to select and purchase their tickets on a firstcome, first-served basis. All remaining tickets for June games will go on sale to eligible customers on May 30. Cubs tickets are \$40 for regular games and \$47 for prime games. Tickets are only sold in pairs. Only two tickets per person per month. The prime games are as follows: 6/11, (BOS), 2:15 p.m.; 6/12, (BOS), 7:05 p.m. and 6/28, (MIL), 7:05 p.m. The regular games are as follows: 6/6, (TOR), 7:05 p.m.; 6/7, (TOR), 7:05 p.m.; 6/13, (FLA), 7:05 p.m. and 6/14, (FLA), 7:05 p.m. Stop by or call the ITT Office for complete details on the lottery process. Customers who purchase Cubs tickets through other sources are not eligible for the Entertainment Rebate Program.

#### **Notice**

The purchase or rental of goods and services from MWR activities on behalf of, or for resale to, unauthorized MWR patrons, groups or organizations is prohibited. Paragraph 602a of BUPER-SINST 1710.11C.

## Six Flags discounts

Special military discounts are offered on Navy Weekend, June 18 and 19, at Six Flags Great America including their new waterpark. Six Flags Great America (in conjunction with the MWR Department) salutes the military community by offering a special discounted ticket price on Sat., June 18 or Sun., June 19 (choice of either day) from 10 a.m. to 6 p.m. All active duty military, reservists, retirees, DoD employees and their family members and guests are eligible to participate in this spectacular weekend of fun including Six Flag's new waterpark, "Hurricane Harbor." Tickets cost \$24.50 per person. Parking is free. Tickets will be on sale at ITT, Bldg. 400-Student NEX Store; Great Lakes Youth Center, Bldg. 2600: The Loft, Bldg. 2A; Zapper's, Bldg.'s 130-H (HCS), 616 and 621; RTC Recreation Center, Bldg. 1326 and Kid's World-Glenview, Bldg 8801. Tickets must be purchased in advance. Discounted tickets are not available at Six Flag's main

Also, purchase your daily and season passes for Six Flags Great America, which is currently open. Passes at the ITT Office include the new Hurricane Harbor Waterpark, which opens May 28. The admission fees are as follows: \$34 -Adults; \$30 - Children (under 54 inches tall); 2-Day Pass - \$49 and Season Pass -

Movies: \$2-Adult (Military or DOD) \$1-Child (ages 6-11), Free-Under age 6 Ross Theater is located in Bldg. 110 and is open to everyone. Children 17 years of age and under trying to gain access to a "R-Rated" movie must be accompanied by an adult.

**GREAT MOVIES AT A GREAT PRICE!** 

Fri., May 13 6 p.m.



PG 13~For sexual material, language and brief drug references. (105 Min.)

Fri., May 13 8:30 p.m.



R~For language, sexual situations, brief comic violence and some drug use. (118 Min.)

Sat., May 14 6 p.m.



PG 13~For crude and sexual humor, and some sensuality. (101 Min.)

Sat., May 14 8:30 p.m.



R~For sustained strong stylized violence, nudity and sexual content including dialogue. (126 Min.)

**Sun., May 15** 3:30 p.m.



PG 13~For sex-related humor. (104 Min.)

The movie schedule is subject to change without notice. For up-to-date information,

call the MWR Scoop Line at 688-2110, ext. 697,

www.mwrgl.com



## Places to dine • Places to go

# Naval Station

## Morale, Welfare & Recreation

## Pub 140 Staff Lounge, Bldg. 140, 688-6946

Pub 140 offers a "grill your own" menu during fair weather, including steaks, hamburgers, salmon and chicken breasts. Pub 140 offers limited menu until 7:30 p.m., Wed.-Fri. Pub 140's hours of operation are Wed.-Fri., 49 p.m. Pub 140 is open to all staff members. Enjoy the beautiful Lake Michigan view, and pleasant atmosphere. Pub 140 also has a new wide screen TV.

On Fridays, enjoy "dinner and a movie" night. Dinner will be served at Pub 140 from 4-7:30 p.m. Then purchase (at Pub 140) your "reserved seating area" movie tickets to Ross Theater. Movies are shown on Fridays at 6 and 8:30 p.m. at Ross Theater. For more information, call Pub 140 at 688-6946.



By JON GAGNÉ **NETC Public Affairs** 

PENSACOLA, Fla. - Retaining the finest Sailors for the 21st century Navy is the goal of every Navy Command Retention Team. Retention is also an important aspect of the Chief of Naval Operations' (CNO) Sea Power 21 initiative and Sea Warrior, which serves as the foundation for warfighting effectiveness by developing and retaining naval professionals that are highly skilled, professionally motivated and optimally employed for mis-

Retaining the very best Sailors is also the goal of the Naval Education and Training Command's (NETC) Retention Excellence Program. This annual program rewards commands of all sizes throughout the NETC claimancy for meeting or exceeding established retention criteria and limiting attrition.

One of the largest shore commands in the Navy, NETC is comprised of more than 22,000 military and civilian staff personnel at 167 subordinate claimancy activities and detachments coast to coast. Hawaii, and Japan. NETC has a daily average of nearly 48,000 officer, enlisted, and governmentcivilian students training in more than 3,600 different courses.

"The Retention Excellence Award Program supports our Sea Warrior commitment to maintain fleet readiness through aggressive retention programs and policies," said Vice Adm. Kevin Moran, NETC Commander, "Our commitment to retaining the very best Sailors for continued service in the 21st century directly impacts the Navy's operational readiness and mission accomplishment."

The program looks at retention statistics in four separate categories. Zone A focuses on first-term Sailors with six or less years of service with a target retention rate of 53 percent. The goal is higher - at 69 percent for Zone B Sailors, those with 6 to 10 years of service. For zone C, career Sailors with 10 to 14 years of service, the goal is set at 85 percent. The final category limits attritions at 18 percent or less.

Each quarter, Fleet Program Managers tabulate data from the Enlisted Master File (EMF) based on transactions occurring during the reporting period. NETC claimancy commands that meet or exceed these retention standards are named to the Retention Honor Roll and receive permission to fly the Honor Roll Pennant at their command. Commands that make the honor roll at least twice during the fiscal year qualify for the annual Retention Excellence Award.

To allow smaller commands to compete on an equal basis, there are special provisions that even the playing field. For instance, if a command has transactions in only two of three categories during a quarter, the zone with no transactions will be counted as 100 percent.

Commands can only use this default for one zone per quarter providing they meet all other criteria. Additionally, commands that are named to the honor roll for one quarter and have no disqualifying transactions during the subsequent quarter, retain their honor roll status.

Significant achievement in command retention may also be rewarded. NETC echelon III commanders and commanding officers may nominate, by standard

Naval letter, subordinate commands that do not meet the specific benchmark requirements for retention but demonstrate significant improvement during any particular report period. These nominations will be assessed and validated at NETC headquar-

Commands named to NETC's first quarter honor roll include: Naval Aviation Technical Training Unit's North Island, Calif., Oceana, Va., and Norfolk, Va.; Fleet Combat Training Center Atlantic, Dam Neck, Va.; Fleet Combat Training Center Pacific, San Diego, Calif.; Fleet Anti-Submarine Warfare Training Center, San Diego, Calif.; Naval Air Technical Training Center, Pensacola, Fla.; Naval Hospital Corpus Christi, Texas; Training Support Center San Diego; Naval Nuclear Power Training Unit, Charleston, S.C.; Navy Nuclear Power School, Charleston, S.C.; Naval Submarine Training Center Pacific, Pearl Harbor, Hawaii; Submarine Training Facility Norfolk, Va.; Trident Training Facility Kings Bay, Ga.; and Naval Station Great Lakes, Ill.

Annual Retention Excellence Award winning commands will be announced by NETC shortly after the fiscal year ends. These "golden anchor" commands will receive plaques and letters of commendation from NETC for their efforts, and will be authorized to display their achievements by painting their command's anchor gold for the year following the announcement.

For more information on the Naval Education and Training Command, visit the **NETC** https://www.netc.navy.mil.

# Chaplain's



# 'Thin places'

By CMDR. ROBERT CRALL Chaplain Corps, USN

Ever had one of those experiences in which you learn a new word, and then suddenly you start seeing it in everything you

Not too long ago, I learned a new religious phrase that describes spiritual experiences I've often had. Now I have a phrase for these experiences. The phrase is "thin places." Yes, thin places! It describes sacred moments when the veil between us and God, between earth and heaven, and between time and eternity, seems suddenly thin. I learned the phrase in reading a book by Peter Gomes. I heard it again from a professor who was lecturing on the Psalms.

You don't have to be a desert monk to recognize these experiences. If you can experience joy, suffering or sacred mystery, you probably have had some of these

Or perhaps days or months or years of a thin place. I've been in "Labor and Delivery" twice as an expectant and then a new parent (I was the one standing by the side of the bed). When I was a civilian pastor of elderly people, I experienced thin places through their faith and courage in facing suffering and death. One splendid 93-year-old saint left this life as his two daughters and I gathered round his hospital bed, held his hands and prayed.

I recently saw a four-month-old puppy with a giant heart bring life to the spirit of the shyest five-year-old girl I have ever met. Transformation happened before my very eyes. When I was in college, I used to leave my dorm room early for class, to stop by the chapel and listen to the organ majors

I prayed and meditated to thundering bass pipes conveying the best of Bach and



Lt. Cmdr. Marcus E. Lawrence

Widor. It can be a sunset, a close moment of renewal in an old marriage, the death of a loved one who loved God and anticipated heaven, or even your own suffering. These are "thin places." Now that I have the phrase down, I may be able to keep better track of my own experiences.

That lecturer on the Psalms, Dr. Vickey Garvey, says, "The universe is permeable, the membrane between us and the eternal like the thinnest filament of silence (Elijah's experience of the still small voice) if only we were aware.

"When we enter into the community of the Psalmists with our hearts, minds and voices, when we really pay attention and let the text loose on the world through us, heaven is joined to earth, and we break through to God, and God to us."

## All at Great Lakes invited to Streamwood observance

The Village of Streamwood and the Veterans Memorial Commission invite everyone from Great Lakes to a Memorial Day Weekend Observance at the Streamwood Veterans Memorial, 301 E. Irving Park Rd.

The schedule of events is as follows: May 27, POW/MIA Candlelight Vigil at 8 p.m.; May 28, 24-hour Vigil Guard and display of equipment; and May 29, relief of

the Vigil Guard and Memorial Day ceremo-

The Veterans Commission would appreciate any assistance from service members willing to participate in the events.

For more information about the events or to volunteer, call the Streamwood Village Hall between 8 a.m. -4:30 p.m. at (630) 837-0200, or call Joe Marino at (630)

# Worship today in the faith of your choice

## Command Religious Program Schedule

## Catholic

Sun., 9 a.m. Sunday Mass .......Bluejacket Memorial Chapel Sun., 10:30 a.m. Sunday Mass ................................Naval Hospital All Faiths Chapel Sun., Noon Sunday Mass ......Forrestal Village Chapel Mon.-Fri., 11:45 a.m. Weekday Mass . . . . . . . . . . . . . Bluejacket Memorial Chapel Sun, 10:15 a.m. Adult Education .......Bluejacket Memorial Chapel

## Protestant

Wed., Noon Praise, Word and Worship ............Naval Hospital All Faiths Chapel Sun., 10:30 a.m. Protestant Worship ......Bluejacket Memorial Chapel Sun., 10 a.m. Family Worship Service ......Forrestal Village Chapel

## Full Gospel Service (Pentecostal)

Sun., 10:15 a.m. Sunday School adult & children . . . . . . . . Bluejacket Memorial Chapel Sun., 11:45 a.m. Morning Worship ......Bluejacket Memorial Chapel

Wed., 7 p.m. Bible Study, adult & children ......Bluejacket Memorial Chapel Mon., 7 p.m. First Monday of month Bible Study/Fellowship, Men & WomensBluejacket Memorial Chapel

Fri., 7 p.m. First Friday of month Youth Victory Service . . . Bluejacket Memorial Chapel

## Church of Jesus Christ of Latter Day Saints

## Chapels

• Bluejacket Memorial Chapel - Bldg. 3, NTC • Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village • Naval Hospital All Faiths Chapel, Wing 2 South • For More Information about any of the services or events listed in this schedule, call 688-5610

# Spirit Scene

## Loft has trips and tournaments planned for their patrons

The Loft is located on the third floor of Bldg. 2A. The Loft is always alcohol and smoke free. It is open Sunday-Thursday and holidays from 10 a.m.-10 p.m. and Friday and Saturday from 10 a.m.-midnight. Admission is free unless otherwise noted for those ages 17 and up. Dependents and DOD employees are eligible, if space permits, on the day of the event. Register for all trips at the Loft during operating hours. For additional information, please call the Loft at 688-2214.

Marvel Mondays. This program is for those who enjoy watching, collecting, and buying/selling comic books. Each Monday, special comic book-themed movies will play for free on the Loft's big screen from 4:30-10 p.m. The schedule is as follows: May 16 - "Blade," "Blade II," and "Blade III."; and May 23 - "Daredevil," "Elektra," and The Punisher."

May 16 - 301 Dart Tourney. This free tournament gives participants the chance to demonstrate their dart throwing skills. A

prize will be awarded to the first place finisher. Sign ups will be taken at the Loft's Snack Bar by 6:45 p.m. on the day of the tournament, which begins at 7 p.m.

May 23 – Mural Contest Ends. Contestants are asked to bring back their completed murals to the Loft. The murals will be displayed in the Loft. A judging will take place. The winner will be announced and awarded a prize on May 27.

May 30 - Memorial Day. The Loft will be open from 10 a.m. – 8 p.m.

TNT (Tuesday Night Trivia). Enjoy MWR's very own game show. Contestants will be quizzed on categories ranging from movies, music, to television and sports. The game show may travel to other base locations, so check with the Loft's staff to find out where "TNT" will happen each week.

May 24- Hoop it Up Contest. Calling all basketball fans. Show off your basketball skills and play in this 3-on-3 outdoor Contest. Teams must be signed up prior to the day of the Contest at the Loft. The event

is free and will start at 7 p.m. on the blacktop courts - near the Fieldhouse (Bldg 440). May 31 - Chug-a-Mug Contest. Is your

stomach a bottomless pit?

Visit the Loft every Tuesday during May to find out if you can chug-a-mug full of various beverages. Sign up between 5:30-7 p.m. on the day of the Contest. The chugging contest will begin at 7 p.m., SHARP. A prize will be awarded to the first place winner.

Various pool tournaments are played every Wednesday in May. It's free to enter, but limited to the first 50 players. Sign-ups begin at 5 p.m. The Tourney kicks off at 7 p.m. Prizes will be awarded to first and second place winners. The schedule is as follows: May 18 – 9-Ball Pool Tourney and May 25 - 8-Ball Doubles Pool Tourney.

May 18-19: Star Wars Movie Marathon. Get ready for the newest Star Wars movie to be released this week.

Refresh your memory and get back in the action by watching the original trilogy on the Loft's "Big Screen" - with awesome surround sound.

May 19: Deviled Egg Eating Contest. Did you know May is National Egg Month? Let's celebrate at the Loft with an "egg-citing" eating contest. This free competition will begin at 7:30 p.m.

May 26: Barracks Bash. The Liberty Program is throwing a "Bash" at Bldg. 6301 - and you're invited. Just step outside your door and enjoy food, games, contests, prizes and more.

May 13: Friday the 13th Scary Movie Marathon. Bone chilling thrills and edge of your seat suspense await "movie-goers" this Friday the Thirtieth. The screams begin at 4:30 p.m., and last until midnight.

May 20: Outdoor Movie. Relax and enjoy the beautiful weather while watching an outdoor movie under the stars. This event is free and will begin at dusk on Ross Field.

May 27: Karaoke Night. Prepare for your audition on the next "American Idol" by singing your heart out at Karaoke Night. Tunes will spin from 6-9 p.m.

May 27: Mural Contest Awards Presentation. Awards will be given out at 7:30 p.m.

May 14: Caving Trip. Explore the underworld and witness 'first hand' spectacular stalactites and stalagmites during this exciting spelunking experience at the Ledge View Nature Center in Wisconsin to tour two undeveloped caves. The cost is \$10. Sign up by Thurs., May 12.

May 21: Sky Diving Trip. Don't miss this opportunity to participate in a thrilling tandem sky dive experience. The trip cost, including one jump, is \$175. Participants must pay upon signing up-no later than Thurs., May 19. Hurry, space is limited to the first 14 people.

May 28: Ping Pong Tournament. It's free to play (limited to the first 50 players), with prizes for the first and second place finisher. Sign-ups begin at 1 p.m. The fun starts at 2 p.m., sharp.

## Sniper's Alley now open for business

Sniper's Alley re-opens for the season on May 5. Naval Station's own outdoor paintball arena, Sniper's Alley, is for those customers looking for an exciting paintball experience at an affordable price. For only \$12, customers may rent gear for the day (mask/marker) and unlimited air-fills, along with 100 paintballs. Additional paintballs are available for purchase.

Sniper's Alley is located right behind Bldg. 440 (Fieldhouse) for easy access. Check out Sniper's new inflatable bunker system and watch for regular tournaments.

The hours of operation are as follows: Thurs.. 4-9 p.m.; Fri., 4-10 p.m.; Sat.. noon- 10 p.m. and Sun. 12-8 p.m. Sniper's is subject to close early due to inclement weather or lack of business. The prices are as follows: \$12 starter package (equipment and 100 paintballs); 200 paintballs, \$14; 500 paintballs, \$25; 1,000 paintballs, \$45 and a case of 2,000 paintballs, \$80

For those who have their own equipment, the admission fee is \$10. which includes unlimited air re-fills.

For more information, call 688-2230 directly, or weekdays at the Loft at 6882214.

## Factory paintball arena

The Factory Paintball Arena is located in a unique and historic 50.000 square foot factory - now turned into one of the hottest new indoor paintball facilities in the area with three separate playing fields. Check out the extreme action located on 2400 Commonwealth. in North Chicago just across the street from the Naval Station.

As well. check out their special group discounts for base personnel. The hours of operation are as follows: Monday: Closed (available for private groups); Tuesday: Closed (available for private groups), Wednesday: 4-10 p.m.; Thursday: 4-10 p.m.; Friday: 4 p.m.-midnight; Saturday: 10 a.m. - midnight and Sunday: 12-8 p.m.

For more information. call the ITT Office at 688-3537. go to www.factorypb.com, or call the Factory Paintball Arena directly at (847) 4732400.

## Hapkido club

The Hapkido Club (self defense) specializes in personal protection classes for everyone that incorporates several different martial arts systems and styles. These free classes will be held in Bldg. 81-H (second floor) on Tuesday from 5-6 p.m., Thursday from 5-7 p.m. and Saturday from 9:30-11 a.m. Sign up at the Fieldhouse, Bldg. 440.

## Captain's Cup races

Ask about the following Captain's Cup SK Runs: June 22, "Tax Day SK Run," 5 p.m. and Aug. 4, "National Mustard SK Run," 5 p.m. Runs begin at Bldg. 4, and runners can register in advance at Bldg.

440

#### Summer volleyball league

Have fun by participating in this indoor Volleyball League at Bldg. 4 - Courts Plus, which begins on May 23. Team rosters are due on May 17. A manager's meeting takes place on May 18.

## **2005 Captains Cup softball**

It is not to late to sign up for Captains Cup Softball. Come to Building 440 to till out a roster ASAP. 'The league will begin in May.

## **Fitness and sports**

The Fitness and Sports Division includes Courts Plus-Bldg. 4, 688-6750; Gym 80-H, 688-7692; Fieldhouse-Bldg. 440, 688-3419, and the Great Lakes Fitness Center-Bldg. 2A; 688-5649.

All event/league registrations and manager's meetings take place at the Fitness and Sports Office in Bldg. 440. unless otherwise noted. Turn in registration and forfeiture letters at Bldg.. 440. leagues are open to all active duty and retired military. reservists. family members with an ID and DoD employees with a valid gym membership. For additional information, call 688-3419

## The Wall

The Wall is a 32 ft. climbing structure for both beginner and advanced climbers. The Wall has four autobelays. For children. the minimum weight is 25 pounds. The Wall also provides children's shoes and harnesses. Those interested in "roped" climbing may go through an orientation class (\$10 fee), which includes instruction on belaying, harnesses, safety and tying figure-8 knots (two complimentary day passes are included). This class is only mandatory for those who want to climb the roped routes. or want to attend the advanced classes. The hours of operation are as follows: Mon.-Fri.: 3:30-7 p.m. and Sat: 11 a.m.-2 p.m. Holiday hours will be posted. The Wall will close at 6 p.m. on Wednesdays when Orientation Classes are scheduled. Orientation Class is from 6-8 p.m. by appointment. only).

The Wall is sponsored by American Capital Group. The Fitness and Sports Division is composed of Courts Plus-Bldg. 4; 688-6750, Gym 80H; 6887692, Fieldhouse-Bldg. 440; 688-3419, and the Great Lakes Fitness Center-Bldg. 2A; 688-5649. All event and league registrations and manager's meetings take place at the Fitness and Sports Office in Bldg. 440, unless otherwise noted. Turn in registration and forfeiture letters at Bldg. 44. Leagues are open to all active duty and retired military, reservists, family members with an ID and DoD employees with a valid gym membership. For information, call 688-3419.

# Aquatics activities now available at Bldg. 440

Aquatics activities take place at the Indoor Pool. Bldg. 440. 688-7692/3419. Register for the following Aquatic Programs at the front desk of the Fieldhouse (Bldg 440). All programs are run out of the Indoor Pool (Bldg. 440). Pool parties

Reserve the Indoor Pool for your next party on either Saturday or Sunday from 4-6 p.m. The cost is \$75 for 15 children (chips and soda included). Each additional child is \$4. Participants may bring their own cake, food. drink, and decorations. A party room is provided. Call the Aquatics Branch for full details at 688-3419. Tot/youth swimming lessons

These programs are designed for the beginning child. Parents will learn how to work with their child in the following areas: water adjustment. safety skills and introductory swim skills. Games and songs will be introduced to help keep the class fun and interesting.

## Youth swim lessons

Youth Swim Lessons are scheduled in four-week sessions on Tuesdays and Thursdays from 5:?s0-6:15 p.m. The cost per session/child is \$40 or \$75 for two children in the same family.

## Water babies-parent/infant program (6 mos.-2 yrs.)

Parent/Infant Lessons are scheduled on Saturdays from 10-10:30 a.m. The cost per session/child is \$40 (six lessons).

## Preschool (21/2-4 yrs.)

Preschool Lessons are scheduled on Saturdays from 10:45-11:15 a.m. The cost per session/child is \$40 (six lessons).

## Private swim lessons

Private Swim Lessons cost \$15 per class or \$50 for 4 classes. these lessons will be arranged anytime with the Aquatics Manager for your convenience Saturday and Sunday. too.

## Adult stroke development classes

Adult Stroke Development Classes cost

\$15 per class or \$50 for four classes. These lessons can be arranged anytime with the Aquatics Manager for your convenience - Saturday and Sunday, too.

## **English Channel swim**

The English Channel Swim is an ongoing program. Pay \$5, swim 21 miles and receive a T-shirt. Register at the front desk of Bldg 440.

## Water aerobics

Water Aerobics are scheduled on Mon., Tues., Wed. and Thurs., 5:30-6:30 p.m. The cost for 10-classes is \$25 and for 20-classes is \$35. Meet our newest aerobics instructor, as she gets your feet movin' and body groovin.'

## Soccer league finishes fourth week of play

MWR Youth Soccer League played their fourth game of the season this past weekend. There are 182 youth participating in the league 29 volunteer Coaches divided into 16 teams this season.

Pony League (4-6 year olds): Team 1 - Comcast 2-1-0; Team 3 - McDonald's 3-0-0; Team 6 - Greebay Family Dental 3-0-0; Team 8 - Highland Park Ford 2-1-0; Team 2 - Navy Federal Credit Union 0-3-0; Team 4 - Super 8 Motel 1-2-0; Team 5 - Pepsi 0-2-1; and Team 7 - MWR Marina 0-2-1.

Colt League (7-9 year olds): Team 1 - Ted Carpet Inn 2-1-0; Team 4 - Best Western Waukegan 2-0-1; Team 2 - Taco Bell/Pizza Hut 1-1-1; and Team 3 - MWR Ross Theater 0-3-0.

Mustang League (10-14 year olds): Team 2 - Rynish Bowling Center 1-1-1; Team 4 - MWR Youth & Family Activity Center 3-0-0; Team 1 - Papa John's Pizza 2-1-0; and Team 3 - Armed Forces Bank 1-1-1.

# Here are some tips to make your first PCS move

By DONNA HESTERMAN LIFELines

Nothing is for sure but death and taxes, but for Sailors and Marines, there is one more thing you can count on — moving. The peak season for military household goods moves stretches across the warmer months, from May to August, requiring service members to schedule their moves two to three months in advance.

If you are getting ready to make your first permanent change of duty station (PCS) move, here are some tips that can help you manage like an old pro.

Before you go to the personal property office (PPO) or the traffic management office (TMO) to schedule your move, stop at the personnel office and make sure your Defense Enrollment Eligibility Reporting System (DEERS) information is up to date. If you have married, divorced, or had an addition to your family, make sure that the DEERS system reflects those changes so

that you will receive the proper allowances.

The amount of goods you are allowed to move and your pay allowances (per diem, housing, etc.) are all based on your grade and number of dependents. PPO or TMO will be your main agencies for arranging the move, and they help you schedule a government move or a Do-It-Yourself

You may also choose to arrange your move online.

will need to contact TRICARE and request a new primary-care manager for each family member. Make sure you pick up medical records for your family members and pets before you leave.

If you plan to apply for government housing, call your duty station to find out what the rules are for getting on the waiting list. Some housing offices require you to check in to your unit, and others will place you on the list as soon as you detach from your current station if requested.

If you have a spouse or children, you

## Breastfeeding advice available at Naval Hospital Clinic

Women who are breast-feeding for the first time should be seen at the Breast-feeding Clinic within one to two days after discharge from the hospital.

Moms having any difficulties with breastfeeding, or pain or discomfort when nursing should be seen as soon as possible. Call the "Warmline," at (847) 688-5918 Ext. 3129, and speak to Louise, the lactation consultant, or leave a message 24 hours a day. Same day appointments are usually available. Messages will be answered either the same day, or the next business day, Monday-Friday. Nursing mothers can also call this number for information during pregnancy, or for information about returning to work after delivery.

The NHGL appointment line also books appointments with Louise; call (800) 941-4501. Those who encounter difficulty making appointments at the toll-free number should call Louise directly at the number

If breastfeeding is going well, nursing mothers can call the NHGL Appointment line, and ask for an appointment with Louise, or another healthcare provider pediatrics or family practice - to have their

Those with urgent concerns should call Primary Care, at (847) 688-2255, Option 1, during normal working hours. If it is an emergency, call 911, or go to the nearest emergency room.

Breastfeeding classes are held at the Naval Hospital, the second Tuesday of the month, from 7 to 9 pm. Dads are welcome. Call (847) 688-5918 Ext. 3129, to sign up.

A Breastfeeding Support Group is held the second Wednesday of the month, from 7-9 pm., at the Naval Hospital. This group is designed to provide a network for breastfeeding Navy mothers, and to give information on breastfeeding. Call (847) 688-5918 Ext. 3129, to notify Louise if planning to attend. Babies are welcome.

The Navy-Marine Corps Relief Society offers complimentary layettes to Navy, Marine Corps and Air Force parents. Unfortunately, the Army does not participate in this program. The only requirement is to call Navy Relief and set up an appointment to attend their budget class, or budget counseling. For more information, call (847) 688-6830/6831, or (847) 689-2228.

Breastfeeding mothers who qualify for the Women, Infants and Children (WIC) program can get help with food supplements, by calling (847) 688-5879. A short breastfeeding class is offered every Monday, at 4 pm.

Those who have a premature or sick infant who is in the hospital, and separated from the nursing mother can get an electric breast pump, to maintain the milk supply until the infant comes home.

WIC no longer provides breast pumps. They do, however, have pumping kits, which are available to WIC clients who are renting a hospital-grade breast pump (the Medulla Lactina or the Ameda Egnell Elite), to maintain their milk supply.

Check the waiting list for base child care as well. Housing and day care will need a phone number and address where they can contact you while you travel.

There are many things to do before moving day. Use a timeline to help you plan. On moving day, make sure you supervise packing and loading of your household goods if you are doing a government move. Don't be afraid to speak up if something doesn't look right. Movers will give you an inventory sheet to sign when they finish.

Read it carefully and make sure they have not marked something as "damaged" that is not. Keep the phone number for PPO or TMO handy and call them if you have any problems.

While travelling, keep copies of your PCS orders and the phone number to the duty officer at your destination with you. You will need to show your orders if you stay overnight on a military base en route and have them handy to check in at your destination. Phone the duty officer if you have any problems such as sickness or an accident.

The key to a successful move is proper planning. Get an early start and get as much done prior to moving day as you possibly can. Make a list of "lessons learned" from the move, because as sure as death and taxes, you'll have to do it again.



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## Son of Youth Center's 'Coach Willie' receives scholarship

By JUDY R. LAZARUS **Bulletin Associate Editor** 

Martel Stephens will be off to the University of Louisville on a four-year academic scholarship in the fall. The chemical engineering student will also receive financial assistance for a graduate degree in the

"I'm really looking forward to it," said Martel, a senior at Highland Park High School, who spent his freshman year at high school in Camp Lejeune. N.C. "I've always been good in science and math."

Parents, "Coach Willie" Stephens and HMC Yvette Stephens, senior enlisted leader at Military Medical Support Office (MMSO), are proud of their son's achieve-

Martel's father has been serving as Great Lakes Youth Center Sports Camp coach during summers and spring breaks for the past ten years. Martel began playing soccer at the camp at the age of eight.

Coach Willie feels that the camp's emphasis on self respect, teamwork, academic achievement and respect for parents, as well as sports, has helped his son as well as other youngsters.

"This has been his foundation," said Stephens, who is now coaching his last year at Great Lakes. "He is now a 17-yearold young man.

"I'll always be thankful to the youth center," said Stephens, who served in the Air Force for eight years.

## WHAT happened WHEN A look back at historic Great Lakes

## 40 years ago **Public to visit GLakes**

Twenty thousand persons are expected to visit the center tomorrow as Great Lakes makes its 16th annual Armed Forces Day report to the American people. The Great Lakes open house, one of many sponsored world-wide by the five U.S. armed forces, will help provide visitors with an insight into the nation's defense structure and the status of the Navy's "power for peace." Three gates will be open to the general public from 9 a.m. to 5:30 p.m.

## 30 years ago Youth sailing starts

The Youth Sailor Program gets underway tomorrow from 9 to 11 a.m. at the Navy Regional Medical Center Swimming Pool, Bldg. 80-H. Those interested in sailing the Sunfish will have an opportunity to learn how to rig the boat on dry land and how to right a tipped- over Sunfish in the swimming pool. Participation in the Junior Sailor Program is limited to dependents of active duty personnel and retired (with pay).

## 20 years ago **Receptions held at RTC**

The first of RTC receptions for visitors of graduating recruits held Thursday of last week turned out how everyone wanted - a success, best reflected in the emotional reunions of visitor with their new Sailors. The visitors who traveled from as far away as San Juan, Puerto Rico and the West coast and whose number was expected to be nearly 500, actually swelled to more than 800 by evening's end.

## 10 years ago **New ombudsmen training**

Training for ombudsman trainers has taken on a new look with the standardized training program developed to replace that formerly in use. The Bureau of Naval Personnel (BUPERS) has devised a new method to provide consistent training to all ombudsmen, which includes books, videos, and a new instruction manual. A mobile training team now travels to specific locations throughout the United States and overseas to train the ombudsmen trainers.



Martel Stephens signs up for his Louisville University scholarship, accompanied by his father Willie Stephens, 7-year-old sister Christina, mother HMC Yvette Stephens, and 12-year-old sister Yvette. Photo by Judy R. Lazarus

# **Bush observes World War II** victory ceremonies in Moscow

**By DONNA MILES American Forces Press Service** 

WASHINGTON — President Bush joined Russian President Vladimir Putin and other world leaders May 9 in Moscow's Red Square to celebrate the 60th anniversary of the Allied victory in Europe during World War II.

The celebration, known in Russia as Victory Day, honors what Putin called a "victory of good over evil" and a remembrance of an estimated 27 million Russians who died during the conflict.

The observance included a parade in Red Square, with some 2,500 World War II veterans participating. Afterward, Bush joined others in laying red carnations at the Tomb of the Unknown Soldier by the Kremlin wall.

On his May 8 arrival in Moscow, Bush called the celebration "a moment where the world will recognize the great bravery and sacrifice the Russian people made in the defeat of Nazism."

Bush noted that despite suffering "incredible hardship" during World War II, "the Russian spirit never died out."

Other World War II allies celebrate V-E, or "Victory in Europe,"

Day May 8, the day Germany surrendered unconditionally to the Allies in 1945. Bush participated in V-E Day ceremonies May 8 at the American cemetery in Margraten, Netherlands.

However, Russia has historically waited until May 9 to celebrate the end of what it calls the Great Patriotic War.

During his address, Putin praised the sense of teamwork that led to the Allied victory in Europe six decades ago. "Dear friends, we never divide the victory into ours and theirs," he said. "We'll always remember the help of the Allies, the United States, Great Britain, France and other countries of the anti-Hitler coalition, the German and Italian anti-fascists."

The ceremony followed what Secretary of State Condoleezza Rice called "straightforward" May 8 talks between Bush and Putin about a wide range of issues. In addition to prospects for peace in the Middle East, the two leaders discussed North Korea, Iraq, Iran, Afghanistan, and Russia's ascension into the World Trade Organization, Russian Foreign Minister Sergei Lavrov told reporters during a joint press briefing with Rice following the talks.

Bush and Putin also discussed Bush's call for democratic reform in Russia, Rice said.





Russian President Vladimir Putin and President George W. Bush take a spin in President Putin's car during a visit Sunday night, May 8, 2005. White House photo by Eric Draper





Commemorating the 60th Anniversary of the end of World War II, President George W. Bush and Laura Bush join world leaders in a wreath laying ce ny at the Tomb of the Unknown Soldier at the Kremlin wall Monday, May 9, 2005. White House photo by Eric Draper

President George W. Bush and Laura Bush stand with Russian President Vladimir Putin and Lyudmila Putina, French President Jacque Chirac, far left, and Chinese President Hu Jintao, right, as many heads of state watch a parade in Moscow's Red Square commemorating the end of World War II Monday, May 9, 2005. White House photo by **Eric Draper** 

# A grateful nation honors World War II vets on V-E day

By SAMANTHA L. QUIGLEY American Forces Press Service

WASHINGTON — The nation paid tribute to the "Greatest Generation" for the 60th anniversary of Victory in Europe Day today here at the World War II Memorial on the National Mall. The focus was on the veterans present and the incredible sacrifices they made to protect freedom at home and abroad.

Secretary of the Army Francis Harvey attributed the "blessings of liberty and the 60 years of prosperity that have followed to those who fought in World War II" in his address to the estimated crowd of more than 1,000 World War II and their families.

"The United States today stands as the beacon of hope for the world because of what these Americans accomplished: victory over defeat, democracy over fascism, good over evil," Harvey

Today the grandchildren of that generation also were held up as equals to their heroic grandparents, Harvey noted. They, like their grandparents before them, stepped forward when their country needed them and, like their grandparents, are making incredible sacrifices in the current terror war.

"Just as Pearl Harbor was the call to arms for that generation, the attacks of Sept. 11 served as the call to duty for today's generation," Harvey said. "And just as America's soldiers, sailors, airmen and Marines won the second World War, so too will today's generation, the grandsons and granddaughters of the greatest generation, win the global war on terrorism."

Harvey told the group gathered that they had set the example for the today's servicemembers.

He illustrated his point with stories of two servicemembers one who lost his life to save those of his fellow soldiers and another who, despite losing both legs to a rocket-propelled grenade attack in Iraq, wants to return to duty as a Black Hawk helicopter

"The courage and selfless service of (the two soldiers) and countless other soldiers serving today is a direct result of the values and influence of the greatest generation," Harvey said. "They answered the call to duty and set a shining example for today's generation."

World War II-decorated veteran and former Sen. Bob Dole echoed the Army secretary's sentiments when he addressed the

He said that President Bush's inaugural address had heartened him with its message of support for democracy and freedom for all people. "As he spoke," Dole said about the president's January speech, "I was reminded that for better or for worse, that commitment must constantly be renewed.

"We're proud of what we achieved 60 years ago and what we have become," Dole noted. "We're also proud of the brave Americans who continue to renew our commitment to freedom and democracy."

He asked the veterans present to stand, "so we can get an idea of who really won this war."

He then asked the crowd gathered to look at those standing and imagine what life might be like had these "young men" not prevailed. What language would the nation be speaking? Dole inquired. Would U.S. citizens have the right to assemble on the National Mall for such a ceremony? "Then take another look at these young men and thank them for their service," Dole said. "There are five magic words: 'Thank you for your service.' It makes our whole day if you tell us that, maybe our whole week, maybe our whole month."

Deputy Secretary of Veterans Affairs Gordon H. Mansfield commended the veterans not only for their courage and determination in war, but also because he said their attitudes didn't change upon their return home.

"When they came home, those people in uniform, those men and women, took on the honor title of 'veteran,' rolled up their sleeves and went about the business of reinventing America," Mansfield said. "The change agent that made that reinvention possible was the G.I. Bill of Rights."

The effects of that bill of rights can be felt in virtually every aspect of society, he noted. The G.I. Bill provided the opportunity for servicemembers to attend college, which created leaders of industry, doctors, scientists, city planners and statesmen, Mansfield said.

"They were responsible for our space programs, for breakthroughs in medicine, the development of our suburbs and the rise of America as the world's most respected economy," he added.

James Gillespie, of Christiansburg, Va., was among World War II veterans at the ceremony. He described himself as a former sailor who "brought the boys into the beaches." He came today because his daughters, who were also in attendance, thought he needed to be here.

"My daughters brought me up here," he said. "I'll be 81 in June and they wanted me to see this. (The ceremony) is a great honor."

Gillespie's view mirrored the overwhelming sentiment among attendees — that the observance of the day they worked so hard for so long ago and so far away was indeed,

"This ceremony was great," said former Navy radioman Avon R. Blevins. "I was glad to stand in for all my buddies who couldn't' be here."



World War II-decorated veteran and former Sen. Bob Dole participates in a wreath-laying ceremony with fellow veteran retired Army Gen. Frederick J. Kroesen at the World War II Memorial in Washington on May 8. The ceremony was in commemoration of the 60th anniversary of Victory in Europe Day. *Photo* by Samantha Quigley



Ted Willner, right, of New Rochelle, N.Y., talks with Erwin Huelsewede from the Department of Veterans Affairs before the ceremony marking the 60th anniversary of Victory in Europe Day began on May 8 at the World War II Memorial in Washington. Willner served with the Army's 71st Infantry Division in the war. Photo by Samantha Quigley